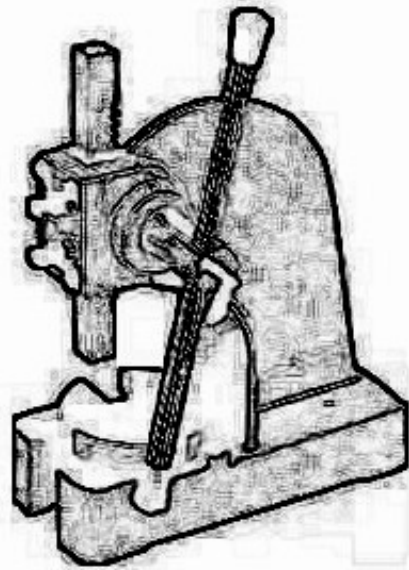


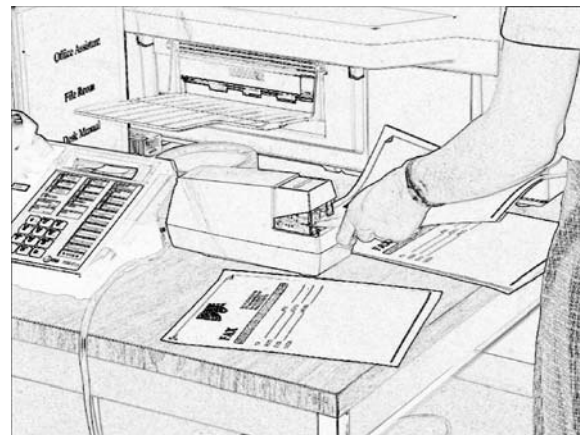
Press objects into place using levers , or hydraulic/pneumatic/electric tools

Reduces repeated impact – hand as a hammer

An arbor press can be used to press items in using a tool rather than hammering with the hand.



Use an electric stapler for prolonged stapling activities



Other benefit:

Using alternatives such as these reduces the possibility of soft tissue damage and pain that may result from using the hand as a hammer.